## **ABSTRUCT**

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The present invention provides a head holding member and a head holding method of a head actuator having a very high impact resisting property by a simple construction, and a disk device using the head holding member and the head holding method. Concretely, a head support arm has a leaf spring portion for pressing the head support arm against a lamp portion (14), and is constructed so as to be rotated around a line perpendicular to a plane formed by a center line of the longitudinal direction of the head support arm and the axis of a rotating shaft. head holding member is constructed by forming a load side wall face (14d), a tab portion upper wall face (14g) and a tab portion holding plane (14e) in the lamp portion (14). The load side wall face (14d) prevents tab portion (8a) from being moved from an escaping position to the direction of recording medium (4) and tab portion (8a) abuts on load side wall face (14d). portion upper wall face (14g) prevents tab portion (8a) from being moved in the upward direction. Tab portion holding plane (14e) holds tab portion (8a) in the escaping position. Thus, the head holding member resists an impact applied at a stopping time, and a stable operation can be performed at a power turning-on time.